

Community Education Service **FREE WEBINAR**



Laugh Until it Helps: Building Resilience through Humour and Laughter

Presenter: Cheryl Oberg ***SPARKLE*** Therapeutic Clown Program
at the Alberta Children's Hospital

November 30, 2017
6:30 - 8:00 pm

Register: <http://fcrc.ahs.ca/ces/sessions/?p=online>

In helping children be more resilient, the goal is not to deny the reality of their struggles but rather to recognize areas of special need & help them gain insight into their talents and inner strengths. Knowing how to face up to & answer tough questions, connect with people in ways that are helpful, & deal with frustration with creativity, imagination & even humour are all ways we can teach children to become more independent & enjoy success in school & in the community.

Level I: This session presents an overview of using humour and laughter to help build better resiliency and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addictions and Mental Health Portfolio (CAAMHP) of Alberta Health Services in partnership with The Therapeutic Clown Program.